

# Banner Medicare *messenger*

## Eyes on Eye Health

Your eyes are one of the most important parts of the body and therefore one of the most vulnerable as well.

Globally, the leading eye problems are dry eye syndrome, cataracts, glaucoma, diabetic retinopathy and age-related macular degeneration (AMD). Some tips for maintaining good eye health are to get regular or dilated eye exams, protect your eyes from UV rays, quit smoking, exercise, take breaks from electronics and manage underlying health conditions such as diabetes, hypertension and cardiovascular disease (CVD). Consider adding the following nutrients to your diet:

- **Vitamin A:** Helps maintain vision and prevent night blindness (ex. *Leafy greens, orange, yellow vegetables*).
- **Vitamin C:** May help prevent cataracts and AMD due to its powerful antioxidant properties (ex. *Oranges, grapefruit*).
- **Vitamin E:** May help reduce the risk of progression AMD (ex. *Nuts, seeds, avocado*).

- **Lutein and zeaxanthin:** Both are carotenoids and have anti-inflammatory properties, and may improve AMD (ex. *Fruits, egg yolk, spinach*).
- **Zinc:** Plays an important role in the metabolism of the retina (ex. *Beef, legumes, whole grains*).
- **Omega 3 fatty acids and gamma-linolenic acid:** Have anti-inflammatory properties, essential for retinal function and can reduce symptoms of dry eye disease (ex. *Fatty fish, walnuts*).



# Osteoporosis

Osteoporosis is a bone disease that silently weakens your bones. Many live with the disease without knowing until they break a bone. In some rare cases, the disease can even lead to vision loss. To combat weak bones, consider foods with calcium and Vitamin D. Nutrients are tailored to a person's age, health status and environment. For your safety, talk with your doctor or healthcare team about nutritional intake and a bone density test.

Banner Medicare Advantage Prime HMO, Banner Medicare Advantage Plus PPO, and Banner Medicare Advantage Dual HMO D-SNP\* plan members have access to the Silver&Fit program: a helpful tool to access health clubs, home fitness kits and more. In addition to a nutritional diet, incorporate light exercise to help create cells that will strengthen your skeleton.

Visit [www.SilverandFit.com](http://www.SilverandFit.com) or call toll-free at (877) 427 - 4788, TTY 711.

\*for ACC plans only



# Annual Routine Eye Exam

**You are not alone when it comes to your vision.**

Don't forget to take advantage of your annual routine eye exam with a \$0 copayment. With a minimum of \$200 allowance per calendar year on your routine eyewear, these benefits will allow you to have access to the eye care you deserve. Eye care coverage depends on your plan type.

Become informed on your plan coverage. Call our Customer Care Center for any help with finding your in-network options.

## Reminders



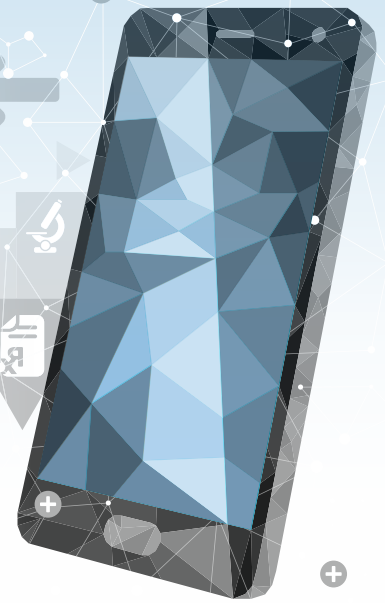
- Annual Enrollment Period begins in October. Informational events will be held to update you on any benefit changes. Stay tuned for more information in the next newsletter.
- If you have recently enrolled, inform your provider on your new Banner Medicare Advantage coverage to avoid being denied services. Show your member ID card to update their system.
- Use the MyBanner Care Portal to view eligibility, PCP change request and more! All through the security of your computer:  
[www.BannerHealth.com/MA](http://www.BannerHealth.com/MA).

# For Life's Potential Emergencies

## Have you ever wondered, "is this an emergency?"

If you aren't sure, or you need a nurse's advice about where to get care, call us. Banner Health professionals are here to help 24 hours a day.

Nurse On Call: (602) 747-7990 or (888) 747-7990



## Try this healthy recipe!

### Cinnamon-Roll Overnight Oats

#### Directions

Stir oats, milk, brown sugar, vanilla, cinnamon and salt together in a large bowl. Divide among five 8-ounce jars. Screw on lids and refrigerate overnight or for up to five days.

\* People with celiac disease or gluten sensitivity should use oats that are labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.

\* To avoid raw oats, make sure the oats are completely submerged in the liquid before covering and refrigerating.



#### Ingredients

- ✓ 2 1/2 cups old fashioned rolled oats\*
- ✓ 2 1/2 cups unsweetened nondairy milk, such as almond or coconut
- ✓ 6 teaspoons light brown sugar
- ✓ 1 1/2 teaspoons vanilla extract
- ✓ 1 1/4 teaspoons ground cinnamon
- ✓ 1/2 teaspoon salt

[www.eatingwell.com/recipe/268775/cinnamon-roll-overnight-oats/](http://www.eatingwell.com/recipe/268775/cinnamon-roll-overnight-oats/)

## Do you have a question? We can help.

Banner Medicare Advantage Dual HMO D-SNP: (877) 874-3930

Banner Medicare Advantage Prime HMO: (844) 549-1857

Banner Medicare Advantage Plus PPO: (844) 549-1859

TTY 711, 8 a.m. to 8 p.m., seven days a week or visit us at [www.BannerHealth.com/MA](http://www.BannerHealth.com/MA).



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Health and wellness or prevention information.

Banner Medicare Advantage Dual HMO D-SNP, Banner Medicare Advantage Prime HMO, and Banner Medicare Advantage Plus PPO have contracts with Medicare. Enrollment depends on contract renewal.

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## Your Journey to Better Health.

Banner Medicare Advantage Newsletter provides resources to keep you healthy.

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